# Efficacy of online treatment for nightmares

No registrations found.

**Ethical review**      Positive opinion
**Status**      Pending
**Health condition type**      -
**Study type**      Interventional

## Summary

### ID

NL-OMON22729

**Source**
NTR

**Health condition**

Nightmares

### Sponsors and support

**Primary sponsor:** University of Amsterdam
**Source(s) of monetary or material Support:** University of Amsterdam

### Intervention

### Outcome measures

**Primary outcome**

- Nightmare frequency

- Nightmare distress

**Secondary outcome**

- Depressive symptoms

- Anxiety symptoms

- Nightmare mastery

- Nightmare self-efficacy

- Insomnia Symtpoms

## Study description

### Background summary

Nightmares are common in the general population. Psychological treatments for nightmares are effective but not always available. In this randomized controlled trial we will test the efficacy of an online Imagery Rehearsal intervention for nightmares compared to a wait-list control group.

### Study objective

1) Online treatment for nightmares is more effective than a wait-list control group.

2) Efficacy of online treatment is mediated by 'nightmare mastery'

### Study design

Weekly measurements during treatment in both the treatment and wait-list condition for nightmare frequency, distress and mastery (for six consecutive weeks including pre-post measurement).

Pre-post, 3-month, and 6-month follow-up measurement for all outcomes.

### Intervention

In the current treatment an Imagery Rescripting protocol for nightmares will be tested. The intervention consist of 3 weekly modules. All of these modules are offered online and are supported by weekly phone-calls

This treatment will be compared to a wait-list control group

# Contacts

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# Eligibility criteria

## Inclusion criteria

- Nightmare disorder according to DSM-5

- At least one nightmare per week

- 18 years or older

- Valid e-mail address

- Connected to the internet

## Exclusion criteria

- Indication for PTSD (measured with the PSS)

- Psychological treatment for nightmares in the last 12 months

- Diagnosis of psychosis/schizophrenia

- Suicidal plans

- Alcohol or drug abuse

- Instable medication intake for psychological problems

# Study design

## Design

| | |
|---|---|
| Study type: | Interventional |
| Intervention model: | Parallel |
| Allocation: | Randomized controlled trial |
| Masking: | Open (masking not used) |
| Control: | N/A , unknown |

## Recruitment

NL
| | |
|---|---|
| Recruitment status: | Pending |
| Start date (anticipated): | 20-03-2018 |
| Enrollment: | 100 |
| Type: | Anticipated |

# Ethics review

Positive opinion
| | |
|---|---|
| Date: | 06-03-2018 |
| Application type: | First submission |

# Study registrations

## Followed up by the following (possibly more current) registration

No registrations found.

## Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

| Register | ID |
|----------|-----|
| NTR-new | NL6890 |
| NTR-old | NTR7077 |
| Other | Comissie Ethiek Universiteit van Amsterdam : 2018-CP-8830 |

# Study results